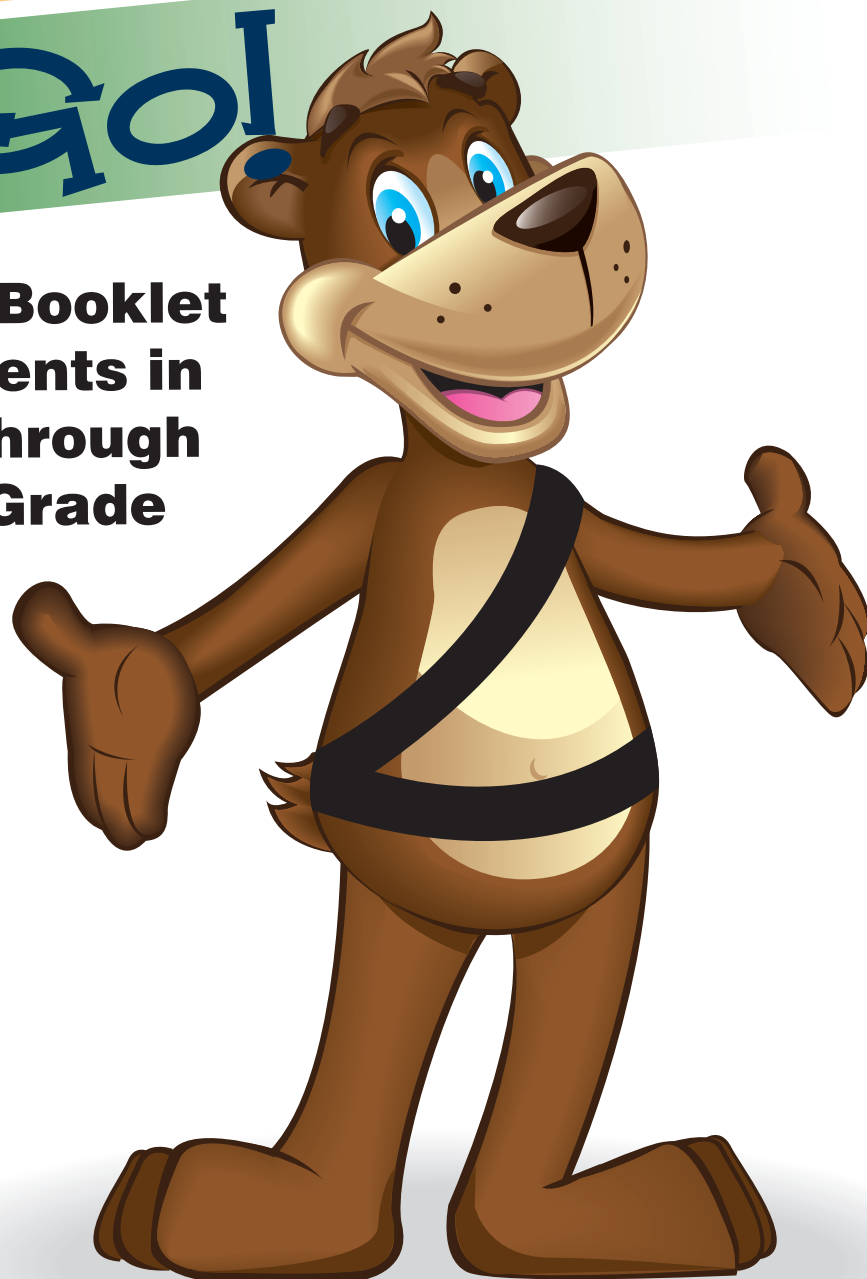


A vertical traffic light with three circular lenses: red at the top, yellow in the middle, and green at the bottom. It has a gold-colored top and base.

# Ready? Safe? Go!

**Activity Booklet  
for Students in  
Third Through  
Sixth Grade**



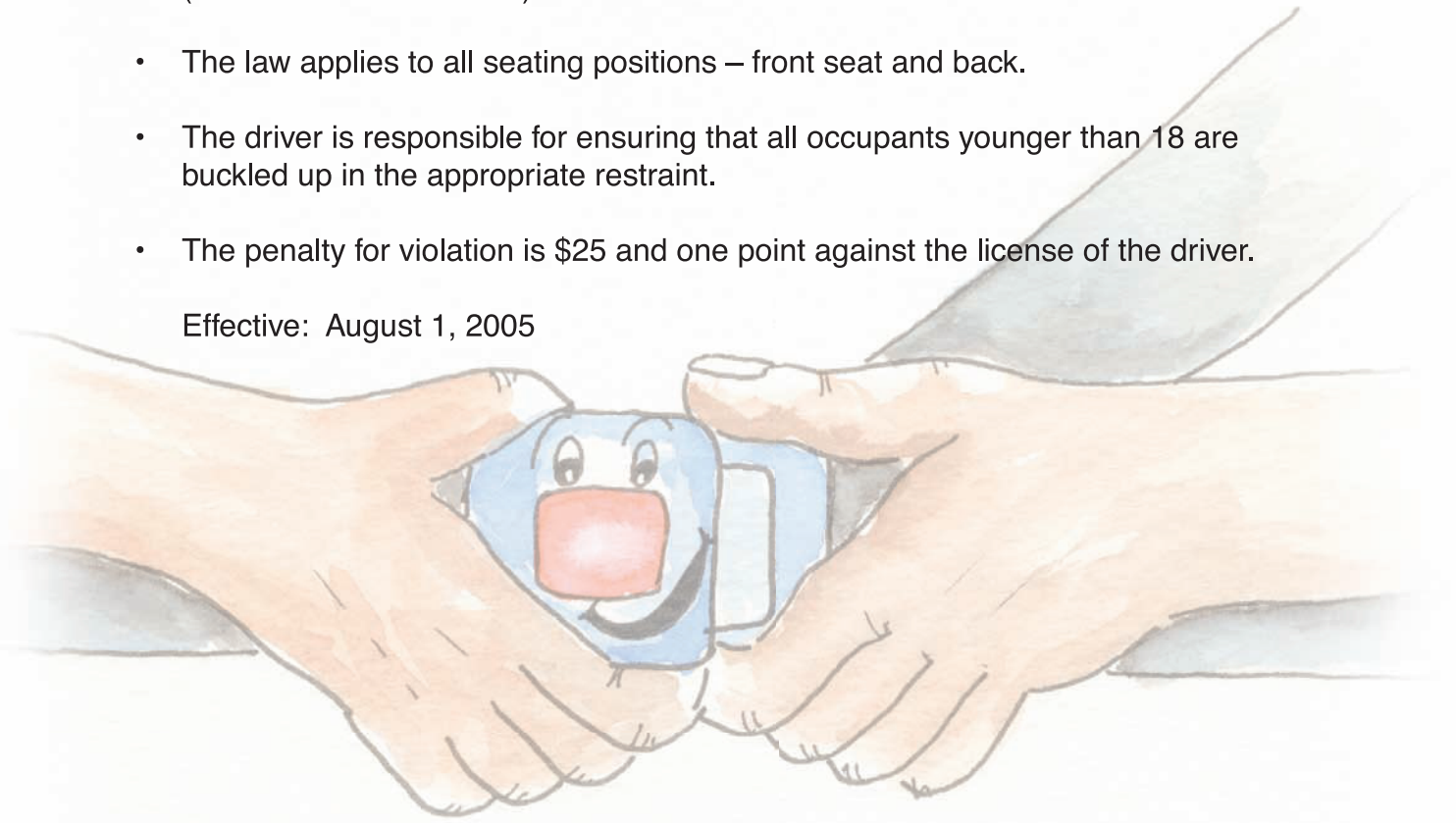
**NORTH DAKOTA**  
DEPARTMENT of HEALTH

**NDDOT**  
North Dakota  
Department of Transportation

# NORTH DAKOTA'S CHILD PASSENGER SAFETY LAW

- Children younger than 7 are required to ride in a child restraint (car seat or booster seat). The restraint must be used correctly – following the manufacturer's instructions.
- A seat belt may be substituted for children younger than 7 who weigh more than 80 pounds and are more than 57 (4'9") inches tall.
- A lap belt may be used by children who weigh more than 40 pounds who ride in vehicles with lap-only seat belts or if all lap and shoulder belts are used by other occupants. (This is because booster seats require both a lap and shoulder belt for correct use.)
- Children ages 7 through 17 must be properly secured in a seat belt or child restraint (car seat or booster seat).
- The law applies to all seating positions – front seat and back.
- The driver is responsible for ensuring that all occupants younger than 18 are buckled up in the appropriate restraint.
- The penalty for violation is \$25 and one point against the license of the driver.

Effective: August 1, 2005



North Dakota Department of Health  
Injury Prevention Program  
800.472.2286



# CROSSWORD PUZZLE



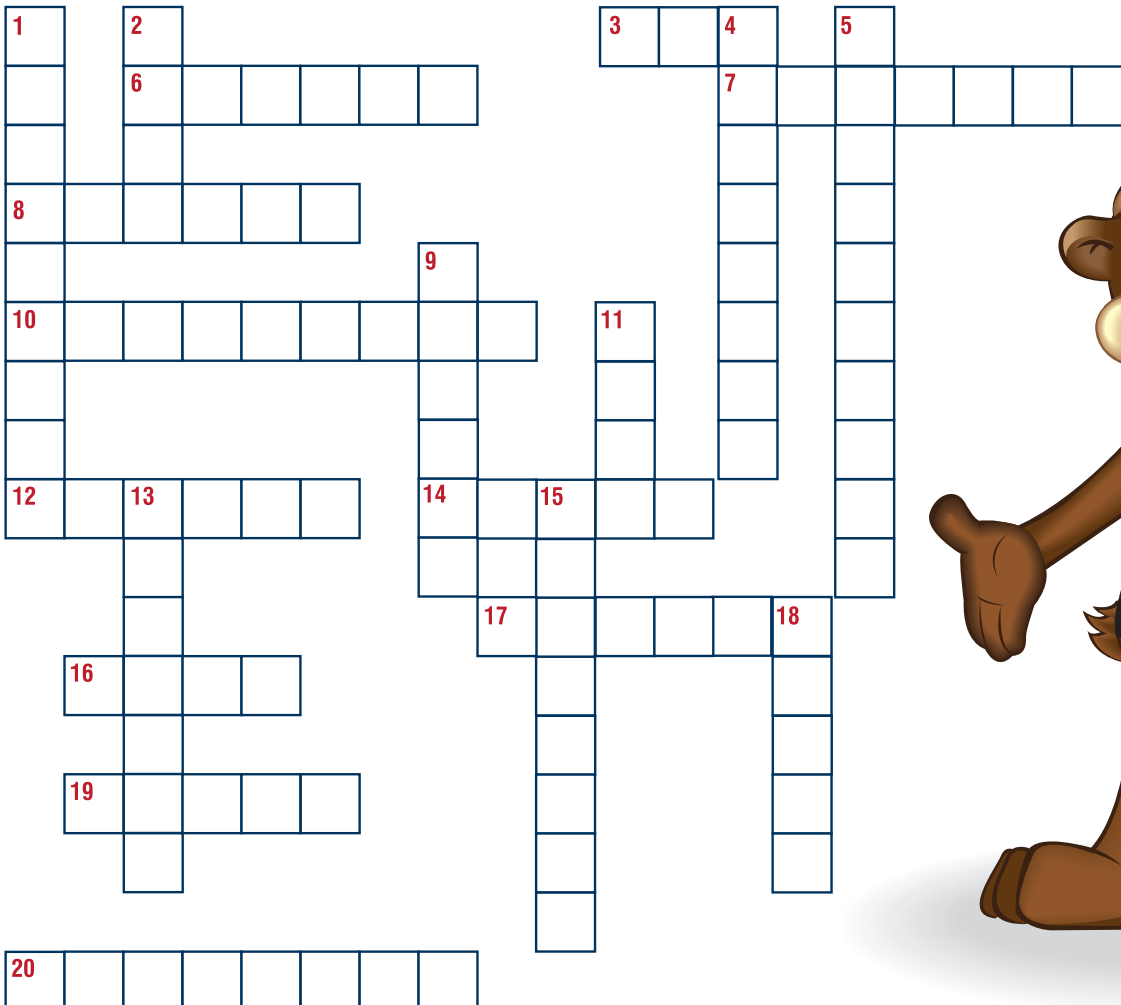
Ready?  
Safe?  
Go!

## Across

3. Text abbreviation for "you are the best."
6. Not wearing a seat belt in a crash could result in \_\_\_\_\_.
7. Explodes at an impact of 25 to 30 mph.
8. Okay age for sitting in the front seat.
10. When to buckle up.
12. Buckle up for \_\_\_\_\_.
14. The shoulder belt should fit across your \_\_\_\_\_.
16. Seat belts should fit \_\_\_\_\_.
17. Air bags deploy quicker than one \_\_\_\_\_.
19. Make buckling up a \_\_\_\_\_.
20. Who should buckle up?

## Down

1. \_\_\_\_\_ saves lives.
2. Breaking the law = a \_\_\_\_\_.
4. Where is the safest place to sit in a car?
5. Seat belts offer \_\_\_\_\_.
9. Force or contact = \_\_\_\_\_.
11. The lap belt should fit low on your \_\_\_\_\_.
13. What is the most common type of crash?
15. Seat belts keep you from \_\_\_\_\_.
18. Seat belts prevent \_\_\_\_\_.



Answers:  
1. seat belts 2. fine 3. yib 4. back seat 5. protection 6. injury  
7. air bags 8. twelve 9. impact 10. every time 11. hips 12. safety  
13. frontal 14. chest 15. ejecting 16. snug 17. second 18. death  
19. habit 20. everyone

# CRACK THE TEXT CODE HERE

Decode the text messages below.



Ready?  
Safe?  
Go!

You  
are the safest in  
the back seat.

You  
will never catch  
me riding without  
my seat belt.

Red Car: cto i ned 2 tttt ctc? \_\_\_\_\_

Blue Car: wu? \_\_\_\_\_

Red Car: ur mubar \_\_\_\_\_

Blue Car: ug2bk \_\_\_\_\_

Red Car: no \_\_\_\_\_

Blue Car: y \_\_\_\_\_

Red Car: ur if \_\_\_\_\_

Blue Car: so \_\_\_\_\_

Red Car: ur not bu \_\_\_\_\_

Blue Car: so \_\_\_\_\_

Red Car: fe \_\_\_\_\_

Blue Car: tisnt \_\_\_\_\_

Red Car: bon ib & bu wil syl in a mva \_\_\_\_\_

Blue Car: dbeyr \_\_\_\_\_

Red Car: dood i m nltu \_\_\_\_\_

Blue Car: gmab \_\_\_\_\_

Red Car: no tbh urtc 2 loz \_\_\_\_\_

Blue Car: lkwym ha \_\_\_\_\_

Red Car: plz bu ib \_\_\_\_\_

Blue Car: iwdifumf iw \_\_\_\_\_

Red Car: a3? \_\_\_\_\_

Blue Car: yes bon \_\_\_\_\_

Red Car: YTB! \_\_\_\_\_

## Instant Message Abbreviations Used In This Conversation

cto	check this out
i	I
iw	i will
2	to
tttt	tell you the truth
ctc	care to chat?
nltu	not lying to you
ur	you are
iwdifumf	i will do it for you my friend
ug2bk	you've got to be kidding

no	no
y	why
if	in the front
so	so
not	not
bu	buckled up
fe	fatal error
tisnt	that is so not true
bon	believe it or not
ib	in the back
&	and
wil	will

syl	save your live
in	in
a	a
mva	motor vehicle accident
dbeyr	don't believe everything you read
dood	dude
i m	i'm
wu	what's up?
gmab	give me a break
tbh	to be honest

urtc	you are too cool
loz	loose
ikwym	i know what you mean
ha	ha
plz	please
mubar	messed up beyond recognition
yes	yes
ytb	you are the best
ned	need
a3	anyplace, anywhere anytime



# SAFETY WORD JUMBLES



Ready?  
Safe?  
Go!

Unscramble the first words in each set of jumbles. Use the circled letters to unscramble the final word. Some of the words may unscramble into more than one word, but only one word is related to the puzzle.

## 1. Car Safety

B G S A R A I

□ □ □ □ □ □ □

S C T A S E R A

□ □ □ □ □ □ □

K S O C L

□ □ □ □ □

O B S T O R E S

□ □ □ □ □ □ □

Answer:

□ □ □ □ □ □ □ □

## 2. Distracted Driving

H E N L P O E C L

□ □ □ □ □ □ □ □

X T I E G N T

□ □ □ □ □ □ □

T E I G A N

□ □ □ □ □ □

D O P I S

□ □ □ □ □

Answer:

□ □ □ □ □

## 3. Seat Belts

C I C L K

□ □ □ □ □

H L U D S O R E

□ □ □ □ □ □ □ □

P L A

□ □ □

K C B L U E

□ □ □ □ □ □

Answer:

□ □ □ □ □

## 4. Police

L H E F L U P

□ □ □ □ □ □ □

C T K I E T

□ □ □ □ □ □

E F I N

□ □ □ □

W S L A

□ □ □ □

Answer:

□ □ □ □

## 5. Air bags

N O R F T

□ □ □ □ □

P L D E Y O

□ □ □ □ □ □

I Q C U K

□ □ □ □ □

T R E C P O T S

□ □ □ □ □ □ □

Answer:

□ □ □ □ □



SPEED

SAFE

CRASH

DEATH

SEAT BELTS

PROTECTS

LAWS

BUCKLE

IPODS

BOOSTERS

QUICK

FINE

LAP

EATING

LOCKS

DEPLOY

TICKET

SHOULDER

TEXTING

CAR SEATS

5. FRONT

4. HELPFUL

3. CLICK

2. CELL PHONE

1. AIR BAGS

Answers:

# WORD SEARCH



Ready?  
Safe?  
Go!

S	U	T	Y	R	S	J	B	R	P	W	C	I	D	C
A	U	C	C	A	E	O	M	K	W	S	N	P	Y	I
I	M	R	F	A	O	G	S	E	A	T	B	E	L	T
R	S	E	V	S	P	Y	N	C	R	A	S	H	I	P
B	E	L	T	I	O	M	L	E	Q	E	B	F	S	D
A	E	E	W	U	V	N	I	K	S	J	W	T	L	T
G	R	F	P	V	P	E	Q	R	J	S	J	Q	A	D
S	X	B	Z	F	U	T	P	O	E	A	A	E	W	W
N	O	I	T	C	E	T	O	R	P	C	S	P	V	T
E	F	C	X	K	L	Q	S	Q	M	K	L	K	A	Z
C	X	Y	C	G	K	S	C	K	C	J	I	L	G	C
I	B	I	D	Z	C	M	P	A	R	E	V	I	R	D
L	T	M	N	F	U	V	B	E	N	M	E	Q	D	Z
O	A	J	F	L	B	W	A	L	E	D	U	V	D	Q
P	T	O	C	I	F	F	A	R	T	D	B	B	R	Y

**BUCKLE UP  
IN THE BACK!**



**Buckle up  
Back seat  
Survive  
Crash  
Air bags  
Seat belt  
Live**

**Law  
Safe  
Die  
Passenger  
Driver  
Protection  
Impact**

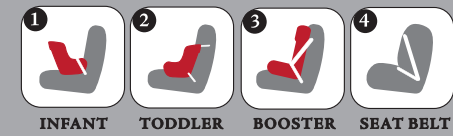
**Speed  
Traffic  
Police  
Ticket  
Booster**

## 4 STEPS FOR KIDS

# Child Passenger Safety

## A Parent's Primer

*Growing Up Safe: It's a four-step process.*



### 1 Rear-Facing Seats

- For the best possible protection, keep infants in the back seat in rear-facing child safety seats as long as possible up to the height or weight limit of the particular seat. Keep infants rear-facing until a minimum age of 1 and at least 20 pounds.



### 2 Forward-Facing Seats

- When children outgrow their rear-facing seats (at a minimum age 1 and at least 20 pounds), they should ride in forward-facing child safety seats in the back seat until they reach the upper weight or height limit of the particular seat.



### 3 Booster Seats

- Once children outgrow their forward-facing seats, they should ride in booster seats in the back seat until the vehicle seat belts fit properly. Seat belts fit properly when the lap belt lays across the upper thighs and the shoulder belt fits across the chest (usually at age 8 or when they are 4'9" tall).

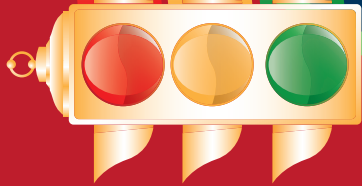


### 4 Seat Belts

- When children outgrow their booster seats (usually at age 8 or when they are 4'9" tall), they can use the adult seat belt in the back seat if it fits properly (lap belt lays across the upper thighs and the shoulder belt fits across the chest).



A certified child passenger safety technician can check your car seat installations and answer questions. To find a technician or an inspection station near you, contact your local public health unit or call the North Dakota Department of Health at 800.472.2286.



Ready?  
Safe?  
Go!

# Buckle Up Pledge A Parent/Child Promise

*"I Promise to wear my seat belt correctly in  
the back seat every time I ride in a vehicle."*



*Child's Signature:* \_\_\_\_\_

*"I Promise to remind my child to buckle up  
correctly in the back seat every ride and  
to wear my own seat belt."*

*Parent's Signature:* \_\_\_\_\_